

## **FOR IMMEDIATE RELEASE**

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### **January 2017 Senior Speaker Series**

The Talbot County Commission on Aging in partnership with Chesapeake College is sponsoring the *Plan Well, Live Well* speaker series, highlighting different topics and speakers each month for senior citizens, families, and caregivers. The series will continue through June 2017.

The January session will be held on **Wednesday, January 25, 2017 at 12:30 pm**, at St. Mark's Church, 100 Peachblossom Road, Easton. Beth Parker-O'Brien, LCSW-C, and Ray Van Horn, Caregiver, will speak on the topic *Family Caregivers and Dementia*. Mrs. Parker-O'Brien has been working with Alzheimer's disease and the related dementias for more than twenty years, helping caregivers to better understand the behaviors that often accompany the disease process. Mr. Van Horn is an experienced caregiver and advocate for raising awareness of the need for additional caregiver support services on the Eastern Shore.

Future topics include: *How to Advocate for Yourself in the Hospital, End of Life Planning, and Senior Guardianship*. The dates, times and locations for the additional sessions will be announced as the series moves forward. Each topic is being recorded for future distribution via DVD.

For more information, please contact Childlene Brooks, Manager, Brookletts Place/ Talbot County Senior Center at 410-822-2869.